

Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

2013 FALL Session- LAND EXERCISE CLASSES

Registration starts on Monday, August 5th at 8:00 am

Check website for class descriptions. All classes are 1 hour (unless otherwise noted.)

Monday	Tuesday	Wednesday	Thursday	Saturday
9:30 a.m.: Fit & Fabulous Seniors (formerly 'Senior Power') \$40.50 (45 mins.)	9:00 a.m.: Pilates \$40.50 (45 mins)	9:15 a.m.: Spin-lates (Spinning & Pilates) \$60.00	9:00 a.m.: Senior Wake up & Dance \$30.00 (30 mins)	9:15 a.m.:  SPINNING \$60.00 (45 mins)
9:30 a.m.: Tai Chi \$54.00				10:00 a.m. Cross-Fit (see separate flyer for pricing, as well as other days/times)
10:30 a.m.: Yoga \$67.50 (1 hr., 15 min.)	10:00 a.m.: Healthy Back \$54.00	10:30 a.m.: Fit & Fabulous Seniors (formerly 'Senior Power') \$60.00	10:00 a.m.: Healthy Back \$60.00	Sunday
	12:15 p.m.:  SPINNING \$27.00 (30 Min.)	12:15 p.m.: Lunch Time Dance Party (formerly Intense Body Transformation) \$30.00 (30 min.)	1:15 p.m.: Walk & Stretch \$30.00 (30 mins)	
5:30 p.m.:  SPINNING \$54.00 (45 Min.)	1:15 p.m.: Lunch Time Dance Party (formerly Intense Body Transformation) \$27.00 (30 Min.)	5:30 p.m.: Big Dave's Boot Camp \$45.00 (45 Min.)	4:30 p.m.: Yin Yoga \$60.00	
			5:30 p.m.: Yoga \$60.00	
5:30 p.m.: Big Dave's Boot Camp \$40.50 (45 Min.)		6:45 p.m.:  SPINNING \$60.00 (45 Min.)		Personal training available for all facility members. Please contact David Graziosi for more information. dgraziosi@nassaucountyny.gov
7:00 p.m.:  ZUMBA toning \$54.00	7:00 p.m.: EXTREME CONDITIONING \$54.00	7:45 p.m. Boot Camp \$60.00	7:00 p.m.: EXTREME CONDITIONING \$60.00	
7:00 p.m.: Triathlon Training Day 1 of 2 \$171.00 (1 hr, 30 mins)	7:00 p.m.:  ZUMBA \$54.00	7:30 p.m. Kettlebells \$45.00 (45 min)	7:00 p.m.: Triathlon Training Day 2 of 2 (1 hr, 30 mins)	

Classes will be cancelled if enrollment numbers do not meet at least half the full class size.

DATES		
Note: \$5.00 non-refundable registration fee is charged per class		
Mon.:	Starts: 9/9 - Last Class: 11/18	9 classes (no class 10/14, 11/11)
Tues.:	Starts: 9/10 - Last Class: 11/12	9 classes (no class 11/5)
Wed.:	Starts: 9/11 - Last Class: 11/13	10 straight weeks
Thurs.:	Starts: 9/12 - Last Class: 11/14	10 straight weeks
Sat.:	Starts: 9/14 - Last Class: 11/16	10 straight weeks
Sun:	Starts: 9/15 - Last Class: 11/17	10 straight weeks



NASSAU COUNTY EXECUTIVE

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